## BODY FAT WORKSHEET - MALE

IT NAME, FIRST NAME, MI:	RANK SSN	:	DATE:	SEX:
OF ASSIGNMENT:	HEIGHT TO 14 INCH:	WEIGHT. IN POUNDS:	DATE OF BIRTH:	AGE:
<u> 1888 - Barrior Barrior, and an anno anno anno anno anno anno an</u>	energy energy			
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CONTROL OF STEP CONTROL OF STEP	FIRST	SECOND	THIRD	AVERAGE (to nearest 0.25 in.)
. Measure abdomen at the level of the navel (belly button) to the nearest 0.25 inch. Alternate with Step 2.				
Measure neck just below level of larynx     (Adam's apple) to the nearest 0.25 inch.     Alternate with Step 1.				
. Subtract Step 2 from Step 1. Enter result tthe nea	arest 0.25 inch	lan ek ek ek ek ek ek		
. Find result from Line 2 (the difference between N (Abdomen-Neck Factor). Enter factor.	leck and Abdor	nen) in Table B-1		
. Find the height in Table B-2 (Height Factor). Ent	er factor.		<u></u>	
	<u></u>	<u>. January sa </u>		<u>Traje (a traja 1944).</u> Traje
<ol><li>Subtract Step 5 from Step 4 (Enter result). This is</li></ol>	s Soldier's Per	ent Body Fat.	17.	
			MAXIMUM BO	
grand Carlos and Landau	en e		AGE M	F
			17-20 20% 21-27 22%	
		. *	28-39 24%	
			40+ 26%	36%
	1			
		en e		· · · · · · · · · · · · · · · · · · ·
dividual □ IS □ IS NOT in compliance with	AR 600-9.		en e	
ecommended monthly weight loss is	_pounds.			
				<u></u>
PARED BY:		•		
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STEP Find the soldier's height in Table B-3 (Weight Factor). Enter weight factor 11A below.  Find the soldier's height factor in 11D below. Find the soldier's height factor in 11D below.  Measure hips at point where the gluteus muscles (buttocks) protrude backward the most. Round off to the nearest 0.25 inch.  Measure neck just below level of larynx (Adam's apple) to nearest 0.25 inch.  Measure neck just below level of larynx (Adam's apple) to nearest 0.25 inch.  Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  Find average hip measurement in Table B-5 (Hip Factor). Enter factor in 11B below.  Find average neck measurement in Table B-7 (Neck Factor). Enter factor in 11F below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average forearm measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average forearm factor  Find average heck measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average forearm factor  Find average heck measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average heck measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average heck measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average heck measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average heck measurement in Table B-8 (Wrist Factor). Enter factor in 11F below.  Find average heck measurement in Table B-8 (Wrist Factor). Enter factor in 11F below.  Find average heck measurement in Table B-7 (Neck Factor). Enter factor in 11F below.  Find average heck measurement in Table B-8 (Wrist Factor). Enter factor in 11F below.  Find average heck measurement in Table B-7 (Neck Factor). Enter factor in 11F below.  Find average heck measurement in Table B-8 (Wrist	BODY FAT WO	PRKSHE	ET -	FEMALE				
Find the soldier's weight in Table B-3 (Weight Factor). Enter weight factor 11A below.  Find the soldier's height in Table B-3 (Weight Factor). Enter weight factor 11A below.  Find the soldier's height in Table B-3 (Weight Factor). Enter height factor in 11D below.  Measure hips at point where the gluteur suscles (buttocks) protrude backward the most. Round off to the nearest 0.25 inch.  Measure forearm at its largest point (with arm horizontal, palm up) to nearest 0.25 inch.  Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  Find average hip measurement in Table B-5 (Hip Factor). Enter factor in 11B below.  Find average neck measurement in Table B-6 (Forearm Factor). Enter factor in 11E below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  CALCULATIONS  A. Weight factor  B. Hip factor  C. TOTAL (114-11B)  D. Height factor  B. Hip factor  C. TOTAL (114-11B)  D. Height factor  H. TOTAL (110-6-F49)  I. SOLDIER'S PERCENT BODY FAT (Line 110-11H)  Individual IS IS NOT in compliance with AR 600-9.  Recommended monthly weight loss ispounds.	LAST NAME, FIRST NAME, MI:	RANK 55N:			DATE: SEX:			
Find the soldier's weight in Table B-3 (Weight Factor). Enter weight factor 11A below.  Find the soldier's height in Table B-3 (Weight Factor). Enter weight factor 11A below.  Find the soldier's height in Table B-3 (Weight Factor). Enter height factor in 11D below.  Measure hips at point where the gluteur suscles (buttocks) protrude backward the most. Round off to the nearest 0.25 inch.  Measure forearm at its largest point (with arm horizontal, palm up) to nearest 0.25 inch.  Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  Find average hip measurement in Table B-5 (Hip Factor). Enter factor in 11B below.  Find average neck measurement in Table B-6 (Forearm Factor). Enter factor in 11E below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  CALCULATIONS  A. Weight factor  B. Hip factor  C. TOTAL (114-11B)  D. Height factor  B. Hip factor  C. TOTAL (114-11B)  D. Height factor  H. TOTAL (110-6-F49)  I. SOLDIER'S PERCENT BODY FAT (Line 110-11H)  Individual IS IS NOT in compliance with AR 600-9.  Recommended monthly weight loss ispounds.	•	1		•				
Find the soldier's weight in Table B-3 (Weight Factor). Enter weight factor 11A below.  Find the soldier's height in Table B-4 (Height Factor). Enter height factor in 11D below.  Measure hips at point where the gluteus muscles (buttocks) protrude backward the most. Round off to the nearest 0.25 inch.  Measure forearm at its largest point (with arm horizontal, palm up) to nearest 0.25 inch.  Measure neck just below level of larynx (Adam's apple) to nearest 0.25 inch.  Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  Find average hip measurement in Table B-5 (Hip Factor). Enter factor in 11B below.  Find average meck measurement in Table B-6 (Forearm Factor), Enter factor in 11E below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Calculations  A. Weight factor  B. Hip factor  C. TOTAL (11A+11B)  D. Height factor  E. Forearm factor  F. Neck Factor  G. Wrist factor  H. TOTAL (11D+E+F+G)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual Is Is Is NOT in compliance with AR 600-9.  Recommended monthly weight loss ispounds.	NIT OF ASSIGNMENT:	HEIGHT TO V	INCH:	WEIGHT, IN POUNDS:	DATE OF BIR	TH:	AGE:	9,
Find the soldier's weight in Table B-3 (Weight Factor). Enter weight factor 11A below.  Find the soldier's height in Table B-4 (Height Factor). Enter height factor in 11D below.  Measure hips at point where the gluteus muscles (buttocks) protrude backward the most. Round off to the nearest 0.25 inch.  Measure forearm at its largest point (with arm horizontal, palm up) to nearest 0.25 inch.  Measure neck just below level of larynx (Adam's apple) to nearest 0.25 inch.  Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  Find average hip measurement in Table B-5 (Hip Factor). Enter factor in 11B below.  Find average meck measurement in Table B-6 (Forearm Factor), Enter factor in 11E below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Calculations  A. Weight factor  B. Hip factor  C. TOTAL (11A+11B)  D. Height factor  E. Forearm factor  F. Neck Factor  G. Wrist factor  H. TOTAL (11D+E+F+G)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual Is Is Is NOT in compliance with AR 600-9.  Recommended monthly weight loss ispounds.	STED	*			<del>!</del>			
Factor): Enter height factor in 110 below.  3. Measure hips at point where the gluteus muscles (buttocks) protrude backward the most. Round off to the nearest 0.25 inch.  4. Measure neck just below level of larynx (Adam's apple) to nearest 0.25 inch.  5. Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  6. Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  7. Find average hip measurement in Table B-5 (Hip Factor). Enter factor in 11B below.  8. Find average forearm measurement in Table B-6 (Forearm Factor). Enter factor in 11E below.  9. Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11F below.  10. Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  11. CALCULATIONS  A. Weight factor  B. Hip factor  C. TOTAL (11A+11B)  D. Height factor  E. Forearm factor  G. Wrist factor  H. TOTAL (11D+6+F+0)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual  IS IS NOT in compliance with AR 600-9.  Recommended monthly weight loss ispounds.		or). Enter	weight	factor 11A belov	٧.	•		•
1. Measure hips at point where the gluteus muscles (buttocks) protrude backward the most. Round off to the nearest 0.25 inch.  1. Measure forearm at its largest point (with arm horizontal, palm up) to nearest 0.25 inch.  2. Measure neck just below level of larynx (Adam's apple) to nearest 0.25 inch.  3. Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  3. Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  4. Find average hip measurement in Table B-5 (Hip Factor). Enter factor in 11B below.  5. Find average forearm measurement in Table B-6 (Forearm Factor). Enter factor in 11E below.  6. Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11F below.  7. Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11F below.  8. Hip factor  9. Hip factor  9. Hip factor  9. Hip factor  9. Height factor  9. Height factor  9. Height factor  9. Height factor  17-20 20% 30% 21:27 22% 32% 22-39 24% 34% 40+ 26% 36% 36% 36% 36% 36% 36% 36% 36% 36% 3	2. Find the soldier's height in Table 8-4 (Height Factor). Enter height factor in 11D below.	FIRS	Ţ	SECOND	THIR	D	AVE	ERAGE
horizontal, palm up) to nearest 0.25 inch.  Measure neck just below level of larynx (Adam's apple) to nearest 0.25 inch.  Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  Find average hip measurement in Table B-5 (Hip Factor). Enter factor in 11B below.  Find average neck measurement in Table B-6 (Forearm Factor). Enter factor in 11F below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  C. Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  MAXIMUM BODY FAT PERCENT STANDARD  AGE M F 17-20 20% 30% 21-27 22% 32% 21-27 22% 32% 22-39 24% 34% 40+ 26% 36%  MITOTAL (11D+E+F+Q)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual IS IS NOT in compliance with AR 60D-9.  Recommended monthly weight loss ispounds.	(buttocks) protrude backward the most. Round off		•			中 <b>春</b> (本) 1000年 第100年		
apple) to nearest 0.25 inch.  Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.  Find average hip measurement in Table B-5 (Hip Factor). Enter factor in 11B below.  Find average forearm measurement in Table B-6 (Forearm Factor). Enter factor in 11E below.  Find average neck measurement in Table B-7 (Neck Factor). Enter factor in 11F below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.  MAXIMUM BODY FAT PERCENT STANDARD  B. Hip factor  B. Hip factor  B. Hip factor  B. Hip factor  B. Hop factor  C. TOTAL (11A+11B)  D. Height factor  G. Wrist factor  H. TOTAL (11D+E+F+G)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual IS IS NOT in compliance with AR 500-9.  Recommended monthly weight loss ispounds.	4. Measure forearm at its largest point (with arm horizontal, palm up) to nearest 0.25 inch.					er er er Differen Dia er er		: -
forearm to nearest 0.25 inch.  7. Find average hip measurement in Table B-5 (Hip Factor). Enter factor in 11B below. 3. Find average forearm measurement in Table B-6 (Forearm Factor). Enter factor in 11E below. 4. Find average neck measurement in Table B-7 (Neck Factor). Enter factor in 11F below. 4. Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below. 4. Weight factor  B. Hip factor  C. TOTAL (11A+11B)  D. Height factor  E. Forearm factor  F. Neck Factor  G. Wrist factor  H. TOTAL (11D+E+F+G)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual						Arriga arriva		
3. Find average forearm measurement in Table B-6 (Forearm Factor). Enter factor in 11E below. 4. Find average neck measurement in Table B-7 (Neck Factor). Enter factor in 11F below. 4. Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below. 4. Weight factor  B. Hip factor  C. TOTAL (11A+11B)  D. Height factor  E. Forearm factor  F. Neck Factor  G. Wrist factor  H. TOTAL (11D+E+F+G)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual  IS IS NOT in compliance with AR 600-9.  Recommended monthly weight loss ispounds.		27 999 3				- :.,,22° - :.,,23°		
B. Hip factor  C. TOTAL (11A+11B)  D. Height factor  E. Forearm factor  F. Neck Factor  G. Wrist factor  H. TOTAL (11D+E+F+G)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual	11. CALCULATIONS	en et interes	e gette.	and an experience		28 3 11		
C. TOTAL (11A+11B)  D. Height factor  E. Forearm factor  F. Neck Factor  G. Wrist factor  H. TOTAL (11D+E+F+G)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  MAXIMUM BODY FAT PERCENT STANDARD  AGE M F 17-20 20% 30% 21-27 22% 32% 28-39 24% 34% 40+ 26% 36%  Individual IS IS NOT in compliance with AR 600-9.  Recommended monthly weight loss ispounds.	A. Weight factor							
D. Height factor   AGE M F	B. Hip factor	-						
E. Forearm factor  F. Neck Factor  G. Wrist factor  H. TOTAL (11D+E+F+G)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual IS IS NOT in compliance with AR 600-9.  Recommended monthly weight loss ispounds.	C. TOTAL (11A+11B)							
E. Foream factor  F. Neck Factor  G. Wrist factor  H. TOTAL (11D+E+F+G)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual   IS   IS NOT in compliance with AR 600-9.  Recommended monthly weight loss ispounds.	D. Height factor				AG	E	М	F
F. Neck Factor  G. Wrist factor  H. TOTAL (11D+E+F+G)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual  IS IS NOT in compliance with AR 600-9.  Recommended monthly weight loss ispounds.	E. Forearm factor							
G. Wrist factor  H. TOTAL (11D+E+F+G)  I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual	F. Neck Factor				28-	39	24%	34%
I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)  Individual	G. Wrist factor				404	•	20%	35%
Individual  IS IS NOT in compliance with AR 600-9.  Recommended monthly weight loss ispounds.	H. TOTAL (11D+E+F+G)							
Recommended monthly weight loss ispounds.	I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)							
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